

HERBAL PASTE ON ACCUPOINTS ON DOG DAYS FOR PREVENTING ALLERGIC DISEASES

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Background & Aim : Sanfujiu, a traditional herbal pastes on accupoints, has been used as a kind of preventive medicine in Traditional Chinese Medicine (TCM) to reduce the attack of asthma and other diseases. The aim of this study is to evaluate the efficacy of Sanfujiu in preventing allergic diseases.

Materials & Methods : We applied a questionnaire-based tool to evaluate the efficacy of Sanfujiu. Patients visited the Sanfujiu clinics in Chang Gung Memorial Hospital on dog days in summer time and were given the questionnaire when they returned the clinics 6 months later in winter time. Items in the questionnaire included ages, gender, reasons to visit the clinics, current medication, degree of improvements, improved symptoms and skin reaction.

Results : There were totally 272 questionnaires collected. 116 (42.64%) of them received preventive Sanfujiu treatment in summer time. 226 patients (83.09%) had allergic rhinitis, 44 patients (16.18%) asthma, and 50 patients (18.38%) atopic dermatitis. Among those received Sanfujiu, 88 patients (75.86%) had improvement in clinical symptoms. The mostly improved symptoms were rhinorrhea (43.97%) and sneeze (35.34%). For the skin reaction, 33.62% of the patients had skin itchiness during treatment.

Conclusion : Sanfujiu is an easily applied method to prevent allergies. Further investigation of its mechanism is warranted. **Keywords :** Sanfujiu, Herbal Paste, Accupoint, Preventive Medicine, Traditional Chinese Medicine